

Abstract The purpose of this study was to determine whether there were differences in the prevalence of risk factors for low back pain between two groups of subjects who had been exposed to different levels of physical activity during their lifetime. A total of 60 men and women were recruited from a community-based sample. They were divided into two groups based on their self-reported level of physical activity during their lifetime. The first group consisted of individuals who reported being physically active for at least 15 years, while the second group consisted of individuals who reported being sedentary for most of their lives. Data were collected on various risk factors for low back pain, including age, sex, body mass index, smoking status, alcohol consumption, occupation, and history of previous low back pain. The results showed that individuals in the physically active group had significantly lower rates of low back pain compared to those in the sedentary group. This finding suggests that regular physical activity may play a protective role against the development of low back pain.

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INTERFERENCE SEARCHED			
Class	Subclass	Date	Examiner
438	275	3/20/06	RL
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438	243	3/20/06	RL
438	241	3/20/06	RL

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